

CERTIFICATE **OF PARTICIPATION**

This is to certify that

Elsje Du Plessis

Has successfully participated & completed the

5km Cowhouse Spring Trail Run 2016

held at Cowhouse Market.

TIME 00:50:21

PACE 10:03/km OVERALL 39 of 64

GENDER 20 of 39 **OPEN** 17 of 26



29 October 2016, Sat Date